

InMotion

August Group X Updates

Join us for **Cardio Sculpt on Tuesdays at 12:05 pm** for the month of August!

This total-body workout blends cardio bursts, strength, Pilates, and functional movement. Cardio Sculpt is designed to build strength, improve mobility, and elevate your heart rate. Amanda will kick things off on August 4, with Bethany leading the remainder of the month.

Tuesdays at 11:00 am with Kathryn

Zumba Gold® continues in August! Enjoy easy-to-follow dance moves, upbeat music, and low-impact choreography that's gentle on the joints while delivering a fun and effective workout for all fitness levels.

Saturdays in August

Stack your Saturday by joining one class, or stay for the full morning!

- **7:30 am** – Rotating pop-up classes
- **8:45 am**- 360 Strength (+ Aqua Zumba option)
- **9:45 am**- Mind-Body Mix (rotating yoga, mobility, Pilates & more)
- **10:30 am**- Zumba®

August Weekend Pop-Up Classes

Saturday 7:30 am Pop-Up Classes

August 1: Barre Sculpt with Cathy

August 8: Barre Sculpt with Cathy

August 15: Cardio Kickboxing with Bethany

August 22: Pilates Strength with Danielle

August 29: Cycle with Karl

Sunday 2:00 pm Pop-Up Classes

August 2: Step with Bethany

August 9: Line Dancing with Dena

August 16: Mind-Body Yoga with Lori

August 23: Line Dancing with Dena

August 30: Step with Bethany

August 2026

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Weekend Hours of Operation

**7:00 am to 6:00 pm
on Saturdays &
12:00 to 6:00 pm on
Sundays.**

**Have a great school
year, students,
teachers, & parents!**



Five Years of Rock Steady Boxing

This August, we're proud to celebrate five years of Rock Steady Boxing at Conway Regional Health & Fitness Center.

Rock Steady Boxing has shown us the power of resilience, determination, and connection. Designed specifically for individuals living with Parkinson's disease, this evidence-based program uses non-contact, boxing-inspired exercises to help participants build strength, improve balance, and enhance quality of life in a supportive and encouraging environment.

To our Rock Steady Boxing community, congratulations on five remarkable years. Thank you for allowing us to be part of your journey. We look forward to many more!

For more information on our Rock Steady Boxing Program, contact Mallory Lefler at 501-450-9292, ext. 309. Scholarships are available through the Conway Regional Health Foundation.



Parents' Night Out- Friday, August 14

Enjoy a night out before summer ends while our Play Center team keeps the kids engaged with games, activities, and plenty of summer fun!

Event Details:

- 6:30 - 9:00 pm
- \$20 per child
- Ages 2 - 12
- Members only

Kids will enjoy games, activities, and snacks in a safe and supervised environment. Register online through the HFC app, at the front desk, or at the Play Center. Spots fill quickly!



Swim Lessons Available

The HFC offers swim lessons for all ages and skill levels. Whether your child is learning to float or perfecting their strokes, our experienced, certified instructors provide a safe, supportive, and fun learning experience.

Why Choose Our Swim Program?

- Safe, welcoming environment in an indoor pool
- Engaging lessons tailored to each age group
- Fun learning experience by certified instructors
- Progressive skill development
- Water safety focused curriculum

Register in person or online. For more information on private swim lessons, contact our Aquatics Coordinator Kyle Shunkey at 501-450-9292, ext. 308.



HFC Apparel Available

Whether you're hitting the gym, heading out for the day, or cheering on fellow members, our HFC apparel is the perfect way to represent your fitness community. Stop by the front desk to browse the latest styles and find your new favorite gear!

Family Recreation and Swim Schedule Update

As summer winds down and the school year begins, Family Recreation Swim hours will be adjusted beginning **Monday, August 17**. This is dedicated pool time for families and children under age 11, focused on fun, connection, and active play.

New Family Recreation Swim Hours

Wednesdays and Fridays: 3:00 to 6:00 pm

Saturdays and Sundays: 2:00 to 5:00 pm

Family Recreation Swim will no longer be offered on Mondays beginning August 17.

Thank you for your understanding as we transition to our fall schedule. Bring the kids and enjoy time at the pool!



Dive Into Better Technique with Dolphins

Has your swimmer mastered the basics and is ready to build confidence in the water? Our Dolphins Swim Program is the perfect next step!

Designed for swimmers ages 5-18, this fun, technique-focused program helps participants improve stroke mechanics, build endurance, and develop the skills needed to become stronger, more efficient swimmers, while in a supportive and encouraging environment.



Upcoming Session: August 25 - September 17
Tuesdays & Thursdays: 6:30 to 7:30 pm
Cost: \$45 Members & \$65 Non-Members
***A swim test and in-person registration are required.**

What a Season for the Conway CROCS!

The CROCS extended their unbeaten streak to four consecutive years, broke 20+ team records and five league records, and celebrated seven High Point Award winners at the Meet of the Champs.

High Point Award Winners: Alina Almaz, Diana Almaz, Charlie Haynie, Alan Almaz, Brayden Ogan, Heidi Nance, and Kellan Ogan.

Congratulations to Thomas Nance, who set a new team record in the 15-18 Boys 50-Yard Breaststroke!

Thank you to our swimmers, coaches, volunteers, and families for another unforgettable season. Go CROCS!



Meg Nalley Photography

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